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ABSTRACT

These two publications offer parents information on food choices for children and children's weight. The first publication is a guide that lists, for each of the five food groups, which foods should be eaten often, sometimes, or rarely in order to maintain good health. The food groups are: (1) milk and milk products; (2) meats, poultry, fish. eggs, beans, and nuts; (3) fruits and vegetables; (4) breads and cereals; and (5) sweets, fats, and snack foods. The guide also provides suggestions for preparing foods in ways that reduce fat in the diet. The second guide briefly lists eight practices that parents can undertake, and eight practices that parents should avoid, in their efforts to prevent their children from developing weight problems or to help their children grow into their natural weight. The practices relate to parental affection, eating habits, and physical activity. (BC)

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Food Choices for Good Health

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FOOD GROUP: Milk and milk products

Often:

- Nonfat milk
- Low-fat milk
- Low-fat cottage cheese
- Buttermilk made from skim or low-fat milk
- Nonfat or low-fat dry milk
- Low-fat cheeses such as ricotta and mozzarella

Sometimes:

- Cheese made with whole milk
- Whole milk
- Frozen yogurt
- Sherbet
- Ice milk
- Pudding
  - made with nonfat milk
- Flan or custard
  - made with nonfat milk
- "Light" ice cream (7%)

Rarely:

- Ice cream
- Sour cream
- Cream cheese
- Half and half
- Chocolate milk
- Heavy cream/whipped cream

FOOD GROUP: Meat, poultry, fish, eggs, beans, and nuts

Often:

- Well-trimmed, lean cuts of beef, pork, veal, and lamb
- Chicken and turkey without skin, including ground turkey
- Fish and shellfish (other than fried)
- Peas (split, chick, black-eyed)
- Almonds, beechnuts, brazil nuts, filberts, pecans, walnuts
- Pumpkin and sunflower seeds
- Beans
- Hamburger (made from a lean cut such as the beef round)
- Tuna canned in water
- Refried beans made without lard

Sometimes:

- Eggs
- Peanut butter
- Peanuts, pistachios, cashews, macadamia nuts

Rarely:

- Bacon
- Corned beef
- Sausage
- Frankfurters
- Bologna
- Salami
- Chitterlings
- Deep fried chicken
- Deep fried fish
- Tuna canned in oil
- Hamburger or regular ground beef
- Refried beans made with lard

FOOD GROUP: Fruits and vegetables

Often:

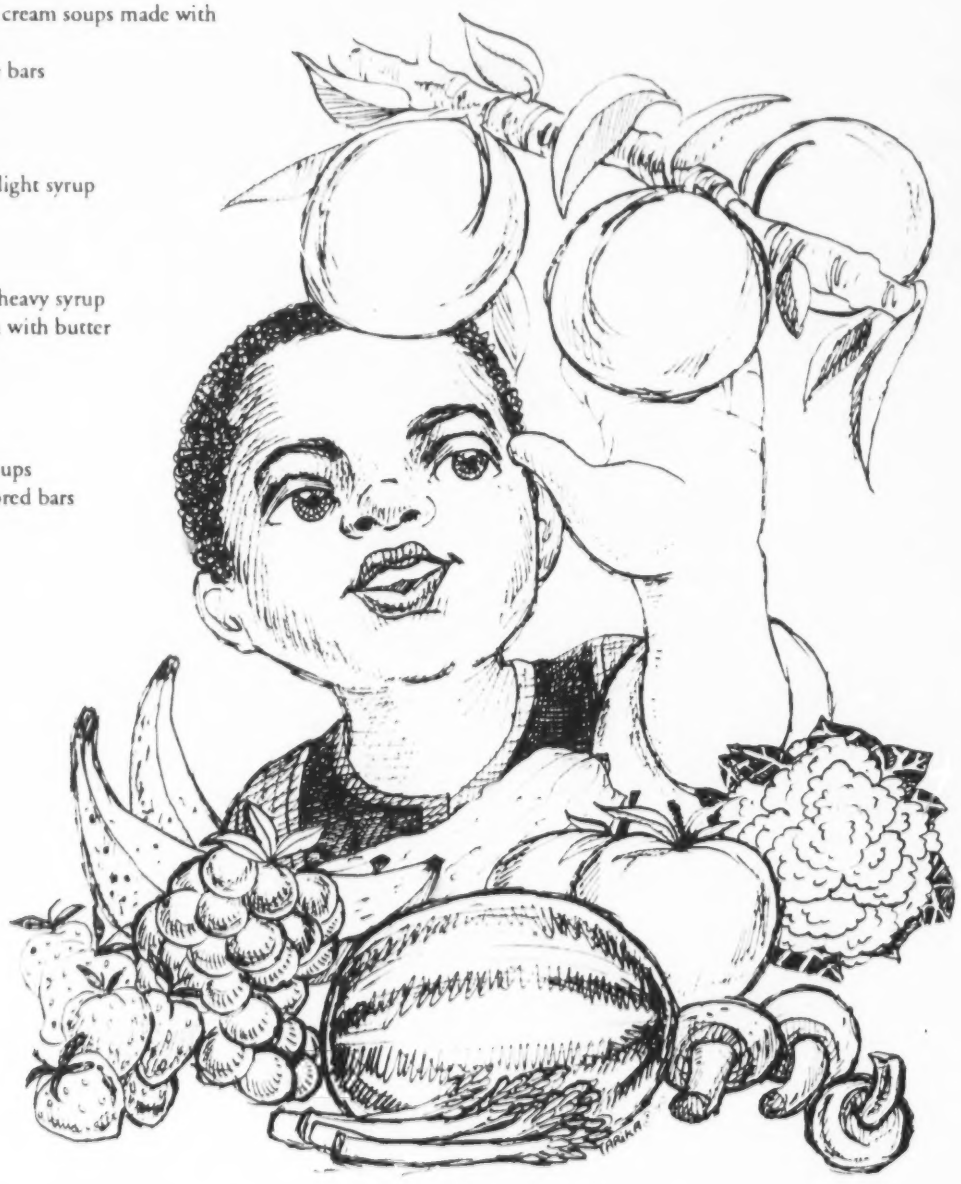
- All fresh fruits and vegetables
- Canned vegetables
- Fruits canned in juice
- Plain frozen vegetables
- Fruit juices
- Vegetable juices
- Soups, including cream soups made with nonfat milk
- Frozen fruit-juice bars

Sometimes:

- Fruits canned in light syrup

Rarely:

- Fruits canned in heavy syrup
- Vegetables frozen with butter or other sauce
- French fries
- Hash browns
- Pickles, olives
- Canned cream soups
- Frozen fruit-flavored bars



FOOD GROUP: Breads and cereals

Often:

- Whole grain or enriched breads
- English muffins
- Bagels
- Tortillas, flour or corn
- Rice, white and brown
- Pita bread
- Cooked cereals
- Ready-to-eat unsugared cereals
- Spaghetti
- Macaroni
- Noodles
- Matzo
- Bread sticks
- Grits, boiled

Sometimes:

- Biscuits
- Pancakes
- Waffles
- Saltines
- Oyster crackers
- Pretzels
- Graham crackers
- Quick breads
- Granola

Rarely:

- Croissants
- Doughnuts
- Sweet rolls
- Ready-to-eat sugared cereals
- Cheese crackers
- Pastries
- Corn chips
- Tortilla chips
- Granola bars
- Fried grits
- Snack crackers

FOOD GROUP: Sweets, fats, and snack foods

Often:

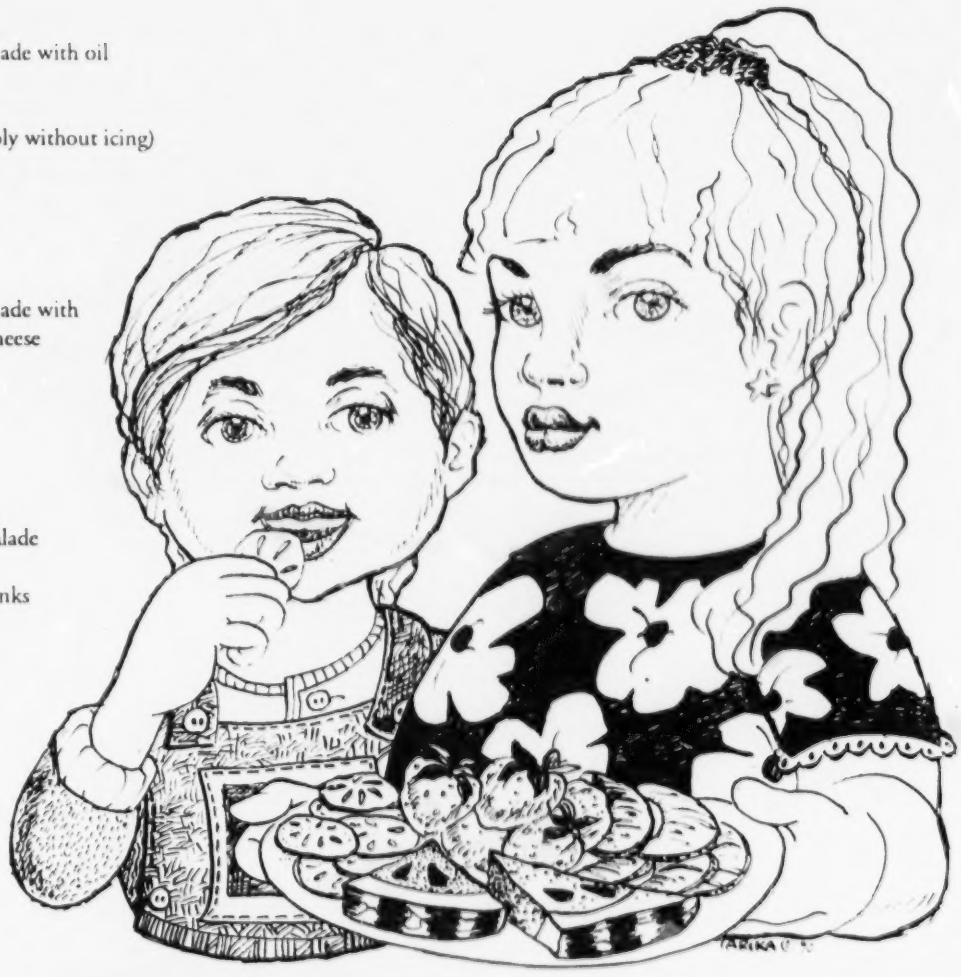
- Unbuttered popcorn
- Fresh fruits and vegetables
- Bagels
- Frozen fruit-juice bars
- Low-fat or nonfat yogurt
- Ready-to-eat cereals (unsweetened)
- Fat-free salad dressings
- Butter-flavored granules

Sometimes:

- Margarine
- Diet margarine
- Vegetable oils
- Salad dressings made with oil
- Mayonnaise
- Diet soft drinks
- Cookies (preferably without icing)

Rarely:

- Butter
- Lard
- Salad dressings made with sour cream or cheese
- Ham hocks
- Salt pork
- Candy
- Chocolate
- Sugar
- Honey
- Jelly, jam, marmalade
- Soft drinks
- Fruit-flavored drinks
- Rich sauces
- Gravies
- Potato chips
- Corn chips



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HOW FOOD IS PREPARED MAKES A DIFFERENCE

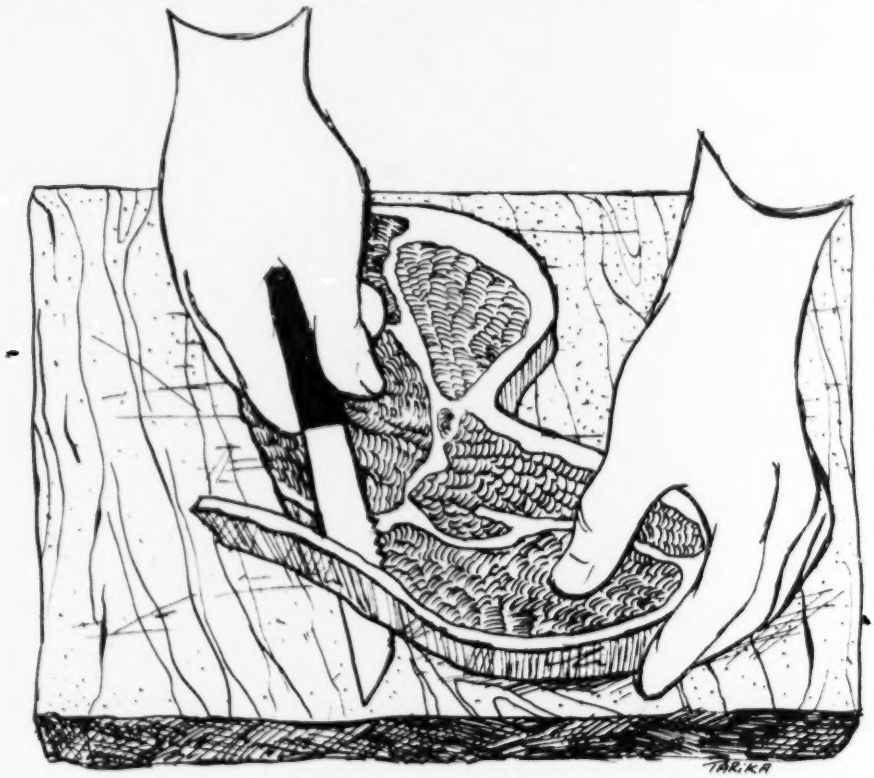
Preferred methods of food preparation are baking, boiling, steaming, broiling, and stir frying in a nonstick pan using little, if any, fat. Pan frying and deep fat frying are not recommended, as these methods of food preparation greatly increase the fat and thus the caloric value of food.

Breading or coating, sauces, and gravies add unnecessary calories to food.

Herbs and spices can improve the taste of many foods and are very low in calories.

Any visible fat should be trimmed from meat and poultry. The skin should be removed from poultry before cooking.

Solidified fat can be skimmed from soups and stews after leaving them in the refrigerator overnight.



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Children and Weight:
What's A Parent to Do?

COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA
DIVISION OF AGRICULTURE AND NATURAL RESOURCES

5367

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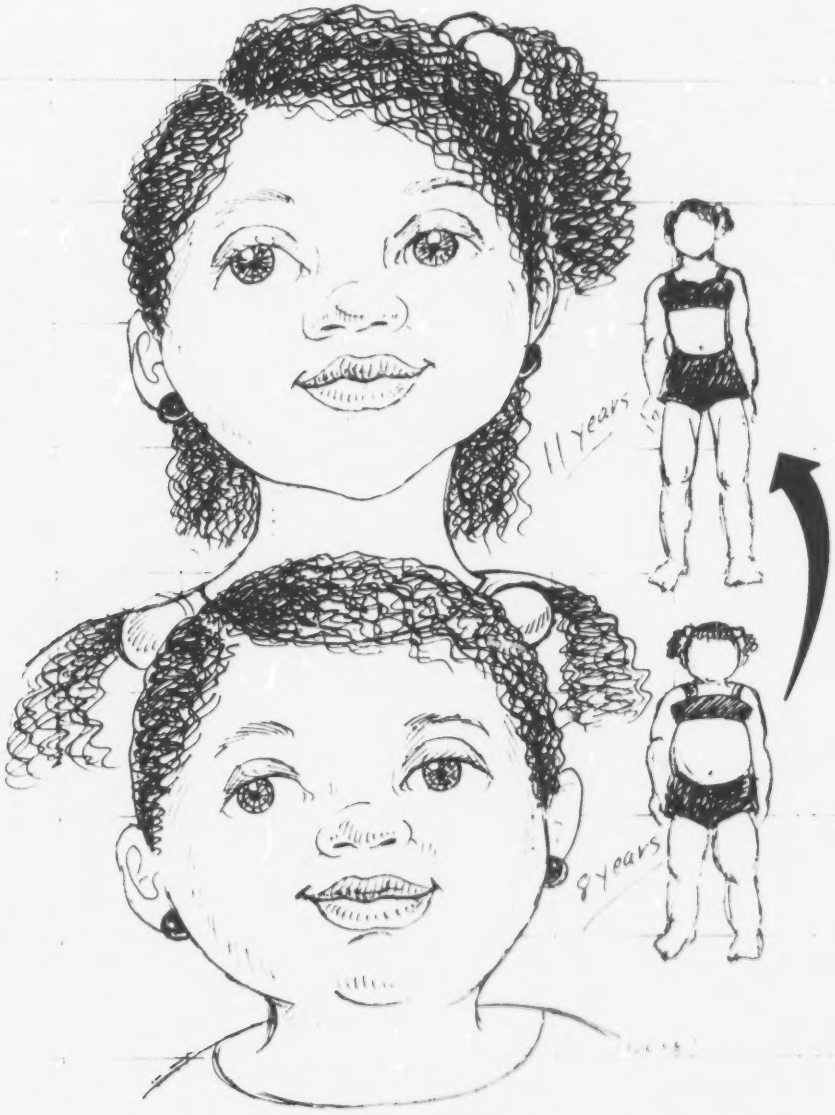
of the Ad Hoc Interdisciplinary Committee on Children and Weight.

Do give the child lots of love and affection.

Don't pressure the child to be thin.

Do expect the child to grow into his or her weight.



Don't expect the child to lose weight.

Do have regular meals and snacks.

Don't let the child eat at other times.

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Do serve the same food to all family members.

Don't put the child on a low-calorie diet.

Do let the child decide how much to eat.

Don't limit the amount of food a child can eat, or make a child eat all the food on his or her plate.

Do have snack foods like popcorn, frozen fruit-juice bars, "string" cheese, low-fat yogurt, frozen low-fat yogurt, and fruit.

Don't have lots of high-calorie snacks like potato chips, corn chips, cookies, cakes, pies, ice cream, cupcakes, candy, doughnuts, granola bars, and soda.

Do encourage the child to be more active by

- playing with toys like balls, frisbees, jump ropes, and roller skates.
- joining a sports team or taking swimming lessons.
- hiking, swinging, running, or climbing.
- joining a 4-H Club or Scout Troop.

Don't let the child spend a lot of time watching TV or playing video games.

Do plan family activities like going to parks and playgrounds, hiking, and swimming.

Don't let your family become "couch potatoes!"

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